

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

OCTOBER 14, 2005

NBA game honors troops

Lakers, Warriors show appreciation for Hawaii-based service members with exhibition games at UH Manoa

Sgt. Joseph A. Lee
Sports Editor

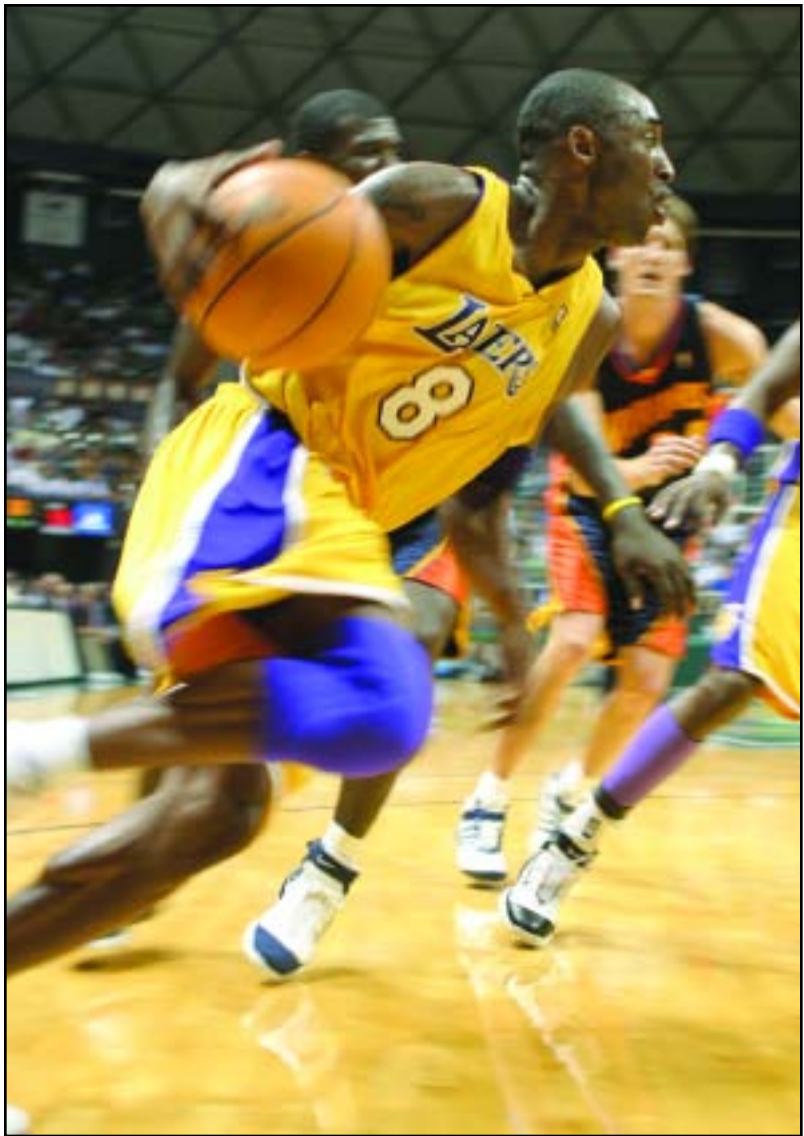
Two Marines from Marine Corps Base Hawaii, Kaneohe Bay, were honored, Tuesday, in a pre-game ceremony by the Los Angeles Lakers and the Golden State Warriors at the Stan Sheriff Center at the University of Hawaii, for their outstanding achievements alongside representatives from all of the other branches of military service on Oahu.

Recently named Staff Noncommissioned Officer Academy Marine of the Quarter and Operation Iraqi Freedom vet-

eran, Sgt. Gary Goss, and Lance Cpl. Joshua Christian Rowell, of Weapons Company, 3rd Battalion, 3rd Marine Regiment, accepted plaques and a pair of basketball shoes autographed by the entire Lakers team before the exhibition game kicked off.

The Los Angeles Lakers, in honor of the military, put on the two exhibition games Tuesday and Wednesday before holding a training camp in Honolulu throughout the month, according to Eugenia Chow, director of community relations for the Los Angeles Lakers. At the game, retired NBA

See LAKERS, C-5



Cpl. Megan L. Stiner

Kobe Bryant sprints inside for a layup, Tuesday night in the preseason opener against the Golden State Warriors. Bryant scored 11 points to close the second half of the game, bringing the trailing Lakers within one point at half-time. Bryant finished the game with 28 points and didn't even play the fourth quarter.



Cpl. Megan L. Stiner

Bryant hangs from the rim after one of several slam dunks during the pre-season game, Tuesday night, at the University of Hawaii.

Windward blows by K-Bay Hammerheads

Pfc. Edward C. deBree
Combat Correspondent

The K-Bay Hammerheads suffered a loss to the Windward Bantams, 15-3, Oct. 8, at the hockey rink on Marine Corps Base Hawaii, Kaneohe Bay.

As the game got underway, the Hammerheads had a tough time keeping the Bantams out of their goal territory. As the Bantams kept the Hammerheads on their guard within the first

minute of the game, Bantam forward Cody Zeiko scored the first goal against the Hammerheads. Within 25 seconds of face-off after the first goal, Bantam forward Micah Vasconcellos rushed through the defense to score.

After being scored on twice, the Hammerhead defense turned up their playing a notch, keeping the Bantams at bay. But Bantam forward, John

See WINDWARD, C-6



Pfc. Edward deBree

Hammerhead goalie Jason Boyce prepares to block a shot attempt from one of the Windward Bantams forwards in the game on Saturday at the hockey rink on Marine Corps Base Hawaii.



Sgt. Joseph A. Lee

Steve Byrnes, Marine Corps Base Hawaii's own rising Mixed Martial Arts superstar, throws a roundhouse kick at his sparring partner. His first Icon Sports Superbrawl fight is approaching, Oct. 28.

Byrnes: 'ready to fight'

Sgt. Joseph A. Lee
Sports Editor

Marine Corps Base Hawaii's own rising Mixed Martial Arts superstar, Steve Byrnes is currently training hard for his first Icon Sports Superbrawl fight at the Blaisdell Arena, Oct. 28 against a 3-6 local fighter named Bob Ostovich. Byrnes will be fighting in the 185-pound Middleweight Division, on the same card with the much-anticipated fight between Falaniko Vitale and Jason "Mayhem" Miller.

According to the Brunswick, Ohio native, this fight is much more important than any that have come before.

"I've taken this fight a lot more seriously,"

said Byrnes. "I'm making my debut with Icon Sports, and he's on his way out. He's got a lot of experience and is a skilled kickboxer, so I imagine he'll try to keep the fight on his feet. I've been doing a lot of things differently with my training — I've gotten a lot better at stand up, a lot better at striking, and even my strong point, my Jujitsu, has gotten better."

The chief instructor at the Martial Arts Instructors Course at Regimental Schools, Marine Corps Base Hawaii, Kaneohe Bay, has moved on from his previous club, Bullspen, to another local club, Mixed Martial Arts Development in Kailua.

See BYRNES, C-3

BASE SPORTS

Today

Intramural Softball Season to Begin — Swing by the ball field, today, for Intramural Softball.

The league is free to all active duty Marines, Sailors and DoD civilians, and dependents, 18 and older who are stationed and living aboard MCB Hawaii.

“The league has become more competitive,” invited Joe Au, MCCS Intramural Sports coordinator. “Instead of two or three teams dominating, there are now six or seven teams that can win the league and tournament title,” he added.

In the past few seasons, between 15 and 20 teams signed up. Headquarters Battalion, CSSG-3, VP-9 and 3rd Radio Battalion have all been strong teams in the past, said Au.

Get a team going by calling Joe at 254-7591.

Saturday

Registration Deadline for John F. Kennedy 50-Mile Race — The John F. Kennedy 50-Mile Race will be held Nov. 19 in Hagerstown, Md.

An eight-person team will be selected to compete in the event. The top five finishers for the team count for the cumulative team time.

Marines interested in participating must submit applications, in accordance with Figure 3-4 of Marine Corps Order P1700-29, no later than Saturday.

Resumes must contain: previous JFK 50-mile finishes, if completed; previous race finishes of 50 kilometers or longer within last two years; and any running experience that indicates the Marine's ability to run in this race. Resumes are available at www.usmc-mccs.org/sports. Runners must submit their resumes through the MCCS Semper Fit Athletic office for endorsement.

For more information, call 254-7590 or e-mail david.litkenhus@usmc.mil.

Oct. 15

Youth Basketball League Now Registering — From now until the end of October, register your child for Youth Basketball. The season runs January through February 2006 and hosts leagues for ages 6 through 17.

Practice begins in December.

Registration fee is \$50 for Youth Activities members and \$60 for non members. A photocopy of a military I.D. or a birth certificate is needed for registration.

For further information, call YA at 254-7610 or 254-7611; or stop by

Building 5082, Monday through Friday from 9 a.m. to 5:30 p.m.

Youth Basketball Coaches Needed — Be a youth sports team mentor through Youth Activities sports programs. YA is looking for coaches for the youth basketball season that runs from November to February 2005.

If you are interested, call Youth Activities at 254-7610 or 254-7611.

Youth Activities Manana is also looking for volunteer coaches for their sports, fitness and recreational leagues. To volunteer, call 456-1662.

Oct. 26

SNCO Ghoulish Golf Tournament — All Staff NCOs, DoD civilians and sponsored guests are welcome to show off their swings at the SNCO Ghoulish Golf Tournament, held at the famous Marine Corps Base Hawaii Klipper Golf Course.

If Halloween isn't a good excuse to play golf, then there never is one. The format for the fun is a four-man best-ball scramble. Each team must have an A, B, C, and D handicap level player: Zero to 8, 9 to 17, 18 to 26, 27-plus, respectively.

If you do not have an established handicap, please estimate -- no sandbagging! The costs for the tournament are \$43 for all SNCO Club members, \$48 for all SNCO nonmembers, \$55 for field-grade Officers and DoD civilians and \$60 for invited guests. The price includes golf fees, carts, refreshments and prizes.

Prizes for the first-, second-, third- and last-place teams will be awarded as well as prizes for the longest drive and closest-to-the-hole. The tournament begins at noon, but head there early and grab a meal from the Fairway's Bar & Grill. Entrants may contact the Klipper at 254-3220 or Mark Drinkwater at 257-2600.

Oct. 28

Fall Swim Lessons Session 2 — Join the Kaneohe Base Pool for Swim Lessons Session 2, for eight classes, held Tuesday through Friday for two weeks. The class costs \$35 and numerous lessons are available for all levels of instruction.

For details, call 254-7655.

Nov. 23

Intramural Turkey Shoot Golf Tournament — Shoot for the Kaneohe Klipper Golf Course, Nov. 23, for the Intramural Turkey Shoot Golf Tournament. Register now at the Semper Fit Center or on the course by 10:30 a.m. on the day of

the event, as flights begin at 11 a.m.

The event is open to all active duty and authorized DoD civilians. The fees are \$11 for E-1 through E-5, \$17 for E-6 through E-9 and for Officers.

For civilians, the price of \$24 does not include a golf cart rental. Active duty personnel will earn Commander's Cup points. Call 254-7591 for more information.

Ongoing

Football Hits K-Bay — Intramural Tackle Football Season has kicked off! Games begin at 6 p.m. at Kaneohe Bay's Pop Warner Field and will run throughout the season on Mondays, Wednesdays and Thursdays.

If you're not playing, make a pass by the field and support your unit's team. Game-day concessions are always available. For details, call 254-7591.

Commander's Cup Bowling League — The Commander's Cup Bowling League has kicked off, but it is still not too late to get your team registered.

The league runs Mondays at 6 p.m. until Jan. 9 at K-Bay Lanes. The weekly cost is \$8, and a one-time sanction fee of \$16 for men and \$15 for women applies. For more information, call 254-7693.

Parents for Fitness — This cooperative babysitting effort is available at the Semper Fit Center for children 6 weeks and older. All active duty service members and their families may participate.

For more information, call 291-9131.

Okinawa Kenpo Karate — Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call MCCS Youth Activities at 254-7610.

Massage Therapy — Massage therapy, by certified massage therapists, is available at Kaneohe Bay and Camp Smith. Massage therapy will help relieve your mental and physical fatigue and improve overall circulation and body tone. Choose from Shiatsu, Swedish, Lomi, deep-tissue and even hot-rock therapy.

For appointments, call the K-Bay Semper Fit Center at 254-7597 or Camp Smith at 477-5197 during regular business hours, Monday through Friday.

Fishing Charters Available at MCB Hawaii — Spend the day aboard one of Bill Collector's fishing charter boats.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Inexpensive, Fun Entertainment — Look no further for economical entertainment Mondays through Thursdays at the K-Bay Lanes where all E-1 to E-5 can receive free rental shoes and discounted games at only \$1.50. For more information, call K-Bay Lanes at 254-7693.

Color Pin Special — Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, call the K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit — For those looking to get into a tailored exercise regimen, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency. Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

Campground and Picnic Sites — For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping.

Reservations are required, call 254-7666 for Kaneohe or 477-5143 for Camp Smith.



WEEK 4 NFL PICKS WINNER

Staff Sgt. Petronella R. Williams

Base Inspector Admin Chief

“ I usually pick from my gut and not rely on the sportscasters, no offense to PTI. My picks are based on my love and hate for teams. Rivalries are great. Total score for Monday night — **58**”

Staff Sgt. Williams’ WEEK 6 PICKS:

Jacksonville @ Pittsburgh	Cincinnati @ Tennessee
Miami @ Tampa Bay	Washington @ Kansas City
Cleveland @ Baltimore	New England @ Denver
Atlanta @ New Orleans	NY Jets @ Buffalo
Minnesota @ Chicago	San Diego @ Oakland
NY Giants @ Dallas	Houston @ Seattle
Carolina @ Detroit	St. Louis @ Indianapolis

COMMUNITY SPORTS

HTMC Plans Kaimuki Hike

At 8 a.m. on Oct. 22, the Hawaiian Trail and Mountain Club will be tackling a 3 Mile intermediate hike along the Nuuanu-Manoa valley-ridge.

If you don't mind getting wet crossing a stream, hiking through a bamboo forest and spending most of the time amongst the shade of trees, this hike may be for you. Although not a super hike, this hike has its own ridge traverse, too! This one starts in Nuuanu Valley and ends up in Manoa Valley after some ups and downs. Contact coordinator Justin Ohara, at 778-8629.

A \$2 donation is requested for each nonmember age 18 or older. A responsible adult must accompany children younger than 18. Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets and radios, or other audio devices, are prohibited on hikes.

Check out the HTMC Web site at www.geo.cities.com/Yosemite/Trails/3660 for more information.



State Offers Outdoor Education

The Hawaii Department of Land and Natural Resources is offering education classes to the public. Subjects covered include firearms and archery safety; survival and first aid; wildlife identification; and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification. Classes, open to anyone 10 and older who enjoy the outdoors are ideal for hunters, campers, hikers, and other outdoor enthusiasts.

The next two-day session is Oct. 21 from 5:45 to 10 p.m. and Oct. 22 from 7:45 a.m. to 4 p.m. in Classroom A-212A at the Nimitz Business Center, 1130 North Nimitz Hwy. Drive up the ramp to the classroom, which is the first room on the right. A picture ID is required for entry to the sessions.

For more information about outdoor education, or to sign up for this course, call 587-0200 or visit www.hawaii.gov/dlnr/welcome.html.

Susan G. Komen Race for the Cure

The mission of the Susan G. Komen Breast Cancer Foundation Hawaii Affiliate is to eradicate breast cancer as a life-threatening disease by advancing education, screening, and treatment.

The 11th Annual Komen Hawaii Race for the Cure will take place Oct. 23 at 7 a.m. at Kapiolani Park and will consist of a five-kilometer run or a one-mile run/walk.

Participants can run or walk, individually or as part of a team. Team registration forms must be mailed in together. Individual entry fees, if postmarked by Saturday, are \$30 for untimed entries and \$35 for timed entries.

All participants will receive an official Komen Hawaii Race for the Cure T-shirt.

Sleep-in entry fees are \$25 for those not participating in the run/walk events, but will receive a race T-shirt and pillow case.

More than 500 breast-cancer survivors are expected to attend. There will be a survivor recognition ceremony prior to the race.

Breast-cancer survivors who wish to be recognized may pick up their complimentary pink cap and pink T-shirt at packet pickup.

All participants are invited to recognize special people who have been touched by breast cancer. “In memory of” or “in celebration of” back signs will be available at packet pickup and on race day.

A tribute wall will be available next to the survivor's tent for you to post a picture and record a message to remember those who have lost their battle with breast cancer, or to honor those who continue to fight.

Up to 75 percent of the net proceeds from the race will go to fund local area breast-cancer education, screening and treatment programs and at least 25 percent will help fund the Susan G. Komen Breast Cancer Foundation National Grant Program.

For more information call 754-1817, e-mail race@komenhawaii.org or visit www.komenhawaii.org/race.htm.

Haleiwa Triathlon

The Bikefactory will host the 6th Annual Haleiwa Triathlon, Oct. 30.

Athletes will race their way around the North Shore town by participating in a 400-yard swim inside Puena Point, a 12-mile bike ride around Haleiwa and a three-mile run, racing one mile on the beach.

Racers can enter the elite division, age group divisions or military division. Relay teams of men, women, or mixed groups will also be allowed to enter.

Entry fees are \$70 for individuals or \$105 per team. Participants will receive a long-sleeve T-shirt. Entries must be postmarked by Saturday. Entry forms are available at the Bikefactory or online at www.hawaii.swim.com. Participants can also register online at www.active.com.

Kailua Beach 10K Run

Boca Hawaii will sponsor an early-morning run in Kailua, Nov. 6 at 6:30 a.m. The Kailua Beach 10K Run is a measured 10-kilometer course that starts at Kailua Beach Park Pavilion parking lot and goes to Lanikai on the bike path. Runners continue twice around the Lanikai Loop, returning to the Kailua Beach Pavilion to finish line. Random prizes to be drawn after the race, so runners should stick around and enjoy some post-race refreshments before heading off to the beach.

Entry fee is \$20 by Oct. 27. Participants can get an entry form online at www.boca-hawaii.com or register at active.com.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs on their Web site: www.bellowsafs.com.

For information, call the Turtle Cove office at 259-4112 from 8 a.m. to 8 p.m.

•**Saturdays at 8 a.m., Morning Paddle:** Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is \$14. Advanced skill level is required.

•**Sundays at 8:30 a.m., History Tours by Bike:** Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows Air Force Station. Wear closed-toe shoes. Cost is \$15



for bike and helmet rental.

•**Mondays at 8:30 a.m., Hike to Makapuu:** Take a moderate 2 1/2-mile round-trip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe shoes. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:** Discover the magnificent underwater world of the ocean at a nearby undisturbed reef. Transportation, instruction and snorkeling equipment are included. Cost is \$15 for adults and \$8 for children 12 and younger.

•**Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:** Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

•**Thursdays at 9 a.m., Beach 101:** See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai:** Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes.

•**Fridays at 1 p.m., Bodyboarding Lessons:** Learn how to catch and ride the waves. Free day rental of boogie board is included in the \$5 fee.

Miniature Golf: One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

For more information, log on to their Web site at www.bellowsafs.com.

Driving Range: Next to our mini-golf course is a driving range. Clubs and buckets of golf balls are available for rent.

Hawaii Marine Accepts Briefs

To post sports and recreational briefs in the Hawaii Marine, e-mail requests to editor@hawaiimarine.com or call 257-8835.





The Bottom Line

(Editor’s Note: “The Bottom Line” is the Hawaii Marine’s weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The Hawaii Marine welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

When do you bench your star QB?

Kristin Herrick
The Cheese

Getting hurt is a part of life. I stubbed my toe the other day and was out of commission for at least two minutes. Had a 275-pound defensive lineman tossed me to the ground — fully padded or not — I’m thinking my recovery would have taken a bit longer.

But the thing is, I don't get paid millions of dollars to get hit by large sweaty men.

Quarterbacks like Donovan McNabb and Drew Brees do, which means they should do their job and suck up injuries like a thick shake. The Cheese prefers chocolate.

Coaches also have to consider their other options when deciding if they should use the injured player or not. If McNabb was out, Eagles back-up quarterback Koy Detmer would be in. The big question is: Who would play better, a

Sgt. Joseph A. Lee
The Sergeant

Practically every high-paying job has its down side. If you’re a doctor, it’s the hours; if you’re an actor, it’s the competition; if you’re a football player, it’s most definitely the risk of injury. Of course, these guys are out there “sucking it up” the majority of the time, but there are just some injuries — like a hernia — that should sideline a player.

Even if he’s Donovan McNabb.

Besides passing kidney stones, a hernia is defiantly one of the most painful and delicate sports injuries any pro athlete should be asked to endure, and to even suit up is a testament to how hard McNabb really is. But there’s a difference between hard and dumb, and leaving McNabb on the field last week after the game was long over and

See SARGE, C-7

See CHEESE, C-7

Cheese (2–3)

Jacksonville @ **Pittsburgh**
Miami @ **Tampa Bay**
Cleveland @ Baltimore
Atlanta @ New Orleans
Minnesota @ Chicago
NY Giants @ Dallas
Carolina @ Detroit
Cincinnati @ **Tennessee**
Washington @ **Kansas City**
New England @ Denver
NY Jets @ Buffalo
San Diego @ Oakland
Houston @ **Seattle**
St. Louis @ Indianapolis

With most teams having only two or three wins through week five, few teams are stepping up, making games hard to call. The Cheese may be optimistic for some of these picks. Monday night total score: : **41**

Week Six Picks

To play, clearly circle the teams you think are going to win. Drop your picks off in the ammo can on the Building 216 Duty Desk by Saturday night. The person who has the most correct picks will get to boast in the Hawaii Marine and fill us all in on the following week's predictions. The closest to the total score for Monday Night's game, without going over, will determine the winner in the event of a tie.

Jacksonville @ Pittsburgh	Cincinnati @ Tennessee
Miami @ Tampa Bay	Washington @ Kansas City
Cleveland @ Baltimore	New England @ Denver
Atlanta @ New Orleans	NY Jets @ Buffalo
Minnesota @ Chicago	San Diego @ Oakland
NY Giants @ Dallas	Houston @ Seattle
Carolina @ Detroit	St. Louis @ Indianapolis

Monday Night Tiebreaker (Pittsburgh @ San Diego): _____ points.

NAME: _____ PHONE: _____

Sarge (3–2)

Jacksonville @ Pittsburgh
Miami @ Tampa Bay
Cleveland @ **Baltimore**
Atlanta @ **New Orleans**
Minnesota @ Chicago
NY Giants @ **Dallas**
Carolina @ Detroit
Cincinnati @ Tennessee
Washington @ **Kansas City**
New England @ **Denver**
NY Jets @ **Buffalo**
San Diego @ Oakland
Houston @ **Seattle**
St. Louis @ **Indianapolis**

This is absolutely painful. Choosing against a Bay Area team and siding with the Cowboys? There’s obviously something wrong here. And I know it’s not the favorite pick, but I figure the Saints are probably pretty pissed: **48**

BYRNES, From C-1

“I’ve learned a lot in the past few months, and I’ve gotten myself up to a solid 200 pounds by incorporating more weight lifting into my schedule,” said the 26-year-old. I’ve gotten a lot stronger, changed my diet, and I’m focusing a lot on nutrition. I don’t see this fight going past the first round, like all my other fights, but even if he does last past the first round, there won’t be much left of him to continue going toe to toe with me.”

According to Byrnes, Ostovich is a fighter trying to get back in — back into the sport, and Byrnes is on his way up.

“He’s a milestone for me,” said Byrnes. “I want to win, and I want to win the way I’ve been winning. The door is there — I’m knocking on it, and when that door opens up, I’m charging through with fists flying and nobody is going to stop me.”


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Did You Know

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- Provides treatment and care to more than 40,000 abused, abandoned and neglected girls and boys across the country each year.
- Provides assistance to nearly one million children each year by training parents, teachers and child-care professionals how to meet the needs of children in the 21st century.
- Has 19 sites located in 14 states and the District of Columbia.
- Assists more than 450,000 callers annually through the Girls and Boys Town National Hotline (800-448-3000).
- Cares for children regardless of race, color, creed, gender, national origin, or ability to pay. On average, girls make up about 50 percent of the youth cared for each year.
- For more information, call 1-800-217-3700, write to P.O. Box 8000, Boys Town, NE 68010, or visit www.girlsandboystown.org



Girls and Boys Town

A CFC participant – provided as a public service

Monster meet to hit North Beach

Ed Hanlon V
MCCS Marketing

To some, the mention of Halloween conjures images of spooky sightings and scary stories. To others, trick-or-treating with costumes and candy. Yet to a particular few, Halloween means monster swells.

The fall and winter season in Hawaii brings with it better surf for the north facing shores of the island, so what better way to welcome winter with a surfing contest worthy of the Holiday?

Marine Corps Community Services will soon host the North Beach Monster Surf Contest, Oct. 29, aboard MCB Hawaii.

This contest will pit the skills and abilities

of any active duty service member and DoD civilians assigned to Marine Corps Base Hawaii, Kaneohe Bay, in a monster mash-up of sensational surfing action. All active duty Marines and Sailors will be entered, automatically, into intramurals.

“We will award Commander’s Cup points to the different commands for each participant that competes,” stated Joe Au, Intramural Sports Coordinator. “The trophy for intramural sports is awarded to a command based on accumulation of points from all of the sports that are played for throughout the year,” he clarified.

The first session begins at 7 a.m. at

See MEET, C-7

Halftime cheer

Right — Michael Memea (top right) stands with some of his fellow teammates from the West Oahu Little League team for some photographs at halftime with the Laker Girls during the Lakers-Warriors pre-season opener Tuesday night.

Below — The Laker Girls, who visited Kahuna’s Sports Bar & Grill Friday night, jazz it up at the half.



Sgt. Joseph A. Lee

Sgt. Joseph A. Lee



Sgt. Joseph A. Lee
Warriors point guard Baron Davis is guarded closely by Lakers forward Devean George, Tuesday night.

LAKERS, From C-1

guard Scottie Pippen had a few good words for the Marines of K-Bay.

“I’m eating this up,” said Pippen of the appreciation for Oahu’s military. “I love every minute of it, and I couldn’t appreciate what you all do more. Of course I’m never happy to see anyone lose their life, but I’m extremely proud to have the Marines protecting us.”

Just passing his first year in retirement, Pippen was said to be in attendance to help out with coaching the Lakers’ point guards.

The Laker Girls, who visited Kahuna’s Sports Bar & Grill on K-Bay a few days prior, were also very excited to be a part of the appreciation ceremony and exhibition games.

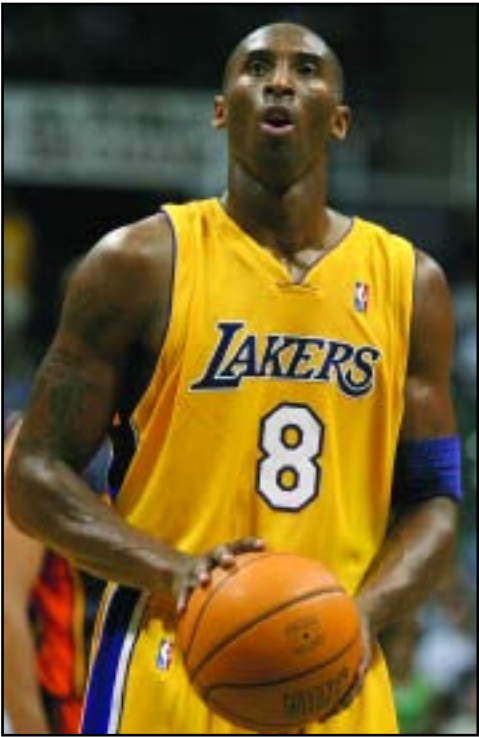
“We had a really great time with all of the Marines,” said Laker Girl Shea Forbes. “It’s so nice to visit

with the Marines, because they work so hard, and are always away. We love the work they are doing, and the Marines have my full support.”

Also in attendance while coaching Lakers starting center, Chris Mihm, was Kareem Abdul-Jabbar, the NBA’s all-time leading scorer during a 20-year career. Abdul-Jabbar, a special assistant with his former team, also had a few words for the Marines.

“I would really like to see all the Marines come home very soon, and in one piece,” said Abdul-Jabbar. “All of us here are very proud of every branch of the military and what they do for our country.”

Kobe Bryant scored 28 points before leaving the game for good late in the third quarter, as Phil Jackson’s Lakers recovered in the second half from a 16-point deficit to beat the Warriors, 101–93, in the preseason opener for both teams.



Kobe Bryant, Lakers shooting guard, stands ready to shoot a free throw during Tuesday night’s pre-season game against the Golden State Warriors. Bryant was essential in bringing together a large point gap late in the second quarter, after the Warriors took the early lead.

Sgt. Joseph A. Lee

WINDWARD, From C-1

Whitty, broke through and made a pass to open forward Tommy Windham to make the score 3–0. Whitty soon repeated his actions but this time assisted George Gotdner.

After assisting his team-mates twice, Whitty went in to score one himself. Knowing that they were down, the Hammerheads did the best they could to keep the puck on the other side of the rink. This strategy worked until Hammerhead defenseman Jason Hanson tripped one of the Bantams to make a trip to the penalty box. Shortly after the penalty, Gotdner went in for the goal to make the score 6–0.

Knowing that they were down, the Hammerheads put a little more heat into the offense. The next few minutes were critical for the Hammerheads. They managed to keep the puck in Bantam territory by passing it to any open person they had. Then Hammerhead forward Chris Baus came form around the goal to score the first goal for the Hammerheads. The Hammerheads were able to keep the puck on the other side of the rink with the same tactic until Gotdner was able to break the trend and bring the puck into the Hammerhead defense. Gotdner passed the puck to help assist Bantam Micah Chun score a goal, 8-1. Chun was able to pull of another goal to end the first half, 9-1.

During the half-time, Hammerhead coach, Les Kelly devised a plan to help keep the Bantams on the defensive mode. Kelly told his team that the plays they were doing to keep the puck on the other side of the rink was what they needed, they just didn’t realize it.

The Hammerheads were able to pull it off, keeping the defense on their toes. Then Baus took a straight shot at the goal and it flew pass Bantam goalie, Weinreth. But the Bantams retaliated after the face-off with Zeiko scoring a goal. But the Hammerheads retaliated with another goal of their own with Brian Kelly scoring, 10–3.

The Hammerhead offense kept the puck away from their goal until Windward’s Alex Casparenas received a pass to score twice within four minutes. Vasconcellos was able to slip by to score another goal, 13–3. As the clock drew within the two-minute mark, Whitty took a shot and made it in the goal. With 10 seconds left on the clock, Zeiko scored the final goal, 15–3, to end the game.

“I think they did really well,” said Bantam coach Wade Ho. “They are a young team with a lot of heart, and as the season goes on, they are going to get better and better as a team.”


One thing people probably didn’t realize is that the Hammerheads had three shot attempts and that they made every shot, said scorekeeper Thomas Gasparenas.

“They were efficient at their attempts,” said Gasparenas. “Every shot was a goal.”

Ho said that his team played really well considering the fact that some of them play for the Pee Wee team as well.

“These kids played kids that are older than them which makes a big difference,” said Ho. “But winning is not the important thing here. Knowing that these kids give one hundred percent when they play makes them all winners.”

You Drink.
You Drive.



You Lose.

Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes.

— National Highway Traffic Safety Administration

CHEESE, From C-3

busted-up star or a top-shape back-up? Detmer is awesome at holding the ball for field goals — as most back-ups are — but how efficient would he be in the pocket?

Vinny Testaverde proved he can take the snaps for the Jets in lieu of starter Chad Pennington, but most teams aren’t that lucky. Sometimes The Cheese feels a little carpal tunnel syndrome coming on, but that doesn’t mean she’s going to let The Sarge take over. Players, especially starters, take pride in their work, and I would think they wouldn’t want anyone else doing their job for them.

There is always the threat, when playing injured, that the player could really mess up their body to the point of no recovery. That’s the only time The Cheese thinks its OK for studly football player, or any other athlete for that matter, to come out of the game.

Bottom Line: Green Bay quarterback Brett Favre played a whole season with a broken thumb. He has started in more than 200 consecutive Packers games, the most of any quarterback — ever. If he can do it, why can’t everyone else?

SARGE, From C-3

done with is every bit of the latter.

With a team expected to go to the playoffs, The Sarge thinks there’s a bigger picture the Eagles need to be looking at. What happens when the Eagles do make it to the play-offs and McNabb gets put out of the game for good? Is Koy Detmer ready to take the helm? Is it really worth losing your star quarterback for the season just so McNabb can limp around the field for the final two minutes not getting anything accomplished? Makes no sense.

Sure, most of the injured NFL players need to quit their whining and earn their ridiculous paychecks, but on the football field, players like McNabb or Drew Brees are the team’s queens in the chess match that is football, and they should be protected at all cost.

Bottom Line: Push your quarterback too hard and his intestines will bust through and end up on the 50-yard line — not a pretty sight.

MEET, From C-4

Kaneohe Bay’s hidden gem, North Beach. “With the restrictions lifted at North Beach, there has been an increase in military surfing in the area,” stated Harry Sprague IV, Water Safety manager and Kaneohe resident. “This intramural meet is designed to promote a healthy competition within the different services, now able to surf North Beach on a regular basis.”

The free event will have different divisions, including long boarding and short boarding, and will include categories for women and military.

Awards will be presented to finishers in the following groups; first through fifth place for long boarding, first through fifth place for short boarding, women’s first place for long boarding, women’s first for short boarding, top military in short boarding and top military in short boarding.

“The nature of this contest will demand top performances — as both an individual and as a service member of your respected branch. The challenge is there — take it,” motivated Sprague. “Picture a sunny variable windy day, add three- to four-foot “old school” consistent glassy sets, then top it off by surfing your heats with only six people in the line up, all day long, at the most primo break of North Beach. Need I say more?”

In the event that the weather does not cooperate on the Oct. 29, the contingency date for the event will be the following weekend, Nov. 5.

If you think you have what it takes to place, or if you would just like to see how you stack up against surfers from the military community, call 429-8664 or 254-7655, or e-mail kauffmanj@usmc-mccs.org or harry.Sprague @usmc-mccs.org.